1. A method for facilitating a user activity, comprising:

a) receiving personalized information from a user related to a user activity, said personalized information including a user address and at least one communication guideline;

b) automatically transmitting a periodic message to said user consistent with said at least one communication guideline, said periodic message intended to cause at least one action by said user related to said user activity; and

c) receiving responsive information from said user in response to said periodic message related to status of said at least one action.

2. A method according to Claim 1, wherein said personalized information and responsive information are received, and said periodic message is automatically transmitted, across a computer network.

3. A method according to Claim 1, wherein said user activity relates to health fitness and wherein said personalized information further includes information related to a health condition of said user.

4. A method according to Claim 1, wherein said user activity relates to nutritional consumption.

5. A method according to Claim 1, wherein said user activity is an activity selected from the group consisting of: staying in touch with associates, sports training, investing, saving, maintaining possessions, repairing possessions, continuing education, and undertaking preventative medicine measures.

6. A method according to Claim 1, wherein said user address is an email address and said periodic message is automatically transmitted to said user by electronic mail.

7. A method according to Claim 1, wherein said at least one communication guideline is related to desired time for receipt of said periodic message.

8. A method according to Claim 1, wherein said personalized information is selected from a group consisting of health fitness objectives, work environment, physical limitations, physical restrictions, weight, height, age, base-line physical information, base-line cardiovascular information, cholesterol level, body fat, blood pressure, health fitness habits, and combinations thereof.

9. A method according to Claim 1, wherein said periodic message is intended to cause said user to complete an exercise.

10. A method according to Claim 9, wherein said periodic message provides a link to instructive information related to said exercise.

11. A method according to Claim 1, further comprising providing said user with access to a predetermined exercise menu and receiving said user's exercise selections from said predetermined exercise menu.

12. A method according to Claim 1, further comprising creating a record of said periodic message and said responsive information for subsequent access by said user.

13. A method according to Claim 1, further comprising selecting said at least one action from a predetermined menu of actions for automatic transmission to said user.

14. A method according to Claim 13, further comprising selecting a second action from a predetermined menu of actions for automatic transmission to said user.

15. A method according to Claim 14, wherein said second action is selected from said predetermined menu of actions based on said responsive information received from said user with respect to said status of said at least one action.

16. A method according to Claim 14, wherein said at least one action and said second action are exercises.

17. A system for for facilitating a user activity, comprising:

a memory for storing digital data; and

a processor in communication with the memory, wherein the processor is operative to:

a) receive personalized information from a user related to a user activity and store said personalized information in said memory, said personalized information including a user address and at least one communication guideline;

b) automatically transmit a periodic message to said user consistent with said at least one communication guideline stored in said memory, said periodic message intended to cause at least one action by said user related to said user activity; and

c) receive responsive information from said user in response to said periodic message related to status of said at least one action, and store said responsive information in said memory.

18. A system according to Claim 17, wherein said at least one action is an exercise, and wherein said memory contains an exercise menu from which said processor selects said exercise for automatic transmission to said user.

19. A system according to Claim 18, wherein said processor selects said exercise from said exercise menu based on said user's personalized information.

20. A system according to Claim 17, wherein said processor is further operative to provide additional periodic messages to said user, said additional periodic messages intended to cause additional actions on the part of said user, said additional actions reflecting said status of said at least one action.